

Anxiety and Stress, Dukkha

As to your question... I want to first say that YES, this is exactly our real motivation for awakening the Buddha mind and our Bodhisattva life condition.

And now for the somewhat less satisfying part; First Noble Truth, “All Life is Dukkha”. Dukkha is a state of anxiety. Second Noble Truth, Samsara is this state of anxiety experienced through clinging and craving permanence in “things” and conditions and tendencies. Third Noble Truth, “To live or experience a life of liberation from anxiety and stress requires that we cease the very energies that brought about the cohesions of Samsara.

So this Third one, I believe is where all our troubles are in Buddhist practice. Shakyamuni follows all this with the Fourth Noble Truth that states we need follow a prescription of behavioral analysis for this process of liberation, and here we find our biggest clue to our practice.

It is not in ceasing = annihilation that we find a wonderful life. It is in “living” with the Samsaric conditions and tendencies but without the demand of permanence. How to say this in myriad ways is certainly an exhausting task. It is hoped by the Eightfold Noble Path, that we will “get it” on our own. So I will take another stab at trying to explore what this means with reference to you. Samsara, our human life is by this definition the condition of Dukkha. Our lives are anxiety and stress. Brilliant. You have discovered as much. However, it need not remain a fundamental factor. So how to change it. To no surprise, it ain’t easy. We must identify the object of the anxiety. But identification is the exact precipitator of the anxiety. So, once this is truly understood, we redirect our energies to leap over the anxiety to something more fundamental. Something a priori, something pre-anxiety, pre Samsara, pre-formations AND still continuing throughout this Samsaric existence and beyond. The fundamental forces containing Samsara. This is a way to visualize the Buddha consciousness. Deeply within the 9 consciousnesses that we normally experience 8. The 8 consciousnesses are all fully immersed in “being” attached to samsara, and therefore producing anxiety and stress, Dukkha. The ninth however, is not producing nor is it produced within Samsara. The Ninth consciousness is “along for the ride” if you will. With effort and repetition, we can experience that ninth consciousness, that awareness of the ride. Review my recent video on the 9 consciousnesses, <https://youtu.be/r1fim7Yuda8>

then to think again on this idea that we can live with all our Samsaric energies, but detached from their influence. Not to ignore, and thus remain attached, but to look on as unaffected and even appreciative of those very energies of tendencies and conditions providing for us this magnificent opportunity to observe the process itself.

We reach this perceptive state when we chant, when we recite Gongyo, when we practice MyoHoRenGeKyo. To hang onto this state is our daily practice. It is difficult, not for the time it takes or the pronunciations and ritual, but for exactly this maintaining of the life condition of Buddha Mind. You are well on your way. And you ARE achieving your liberation. Confidence comes with time and realizing experience in life and in mind. Buddhism is not an escape from life, as the world's religions all are. Buddhism is a reckoning of the process of life itself, from a renewed viewpoint of clarity and appreciation.

Love and respect,

NaMuMyoHoRenGeKyo